



Here and Now

Written by: Julia Denos

Illustrated by: E.B. Goodale

Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Grounding
- Meditation
- Stillness
- Self-awareness
- Perspectives
- Gratitude

Takeaway

Resilient people are present in the here and now.

This is a gentle, poetic picture book that encourages mindfulness and presence in everyday life. Through simple, lyrical language, the narrator invites readers to pause and notice what is happening around them—the feel of the ground beneath their feet, the breath moving in and out of their bodies, the people and places beyond their immediate surroundings. The book beautifully illustrates how everything is connected in the present moment, offering a sense of calm and wonder. With soft, dreamy illustrations by E.B. Goodale, *Here and Now* serves as a peaceful reminder for children and adults alike to slow down and appreciate the beauty of now.

“Unseen work is being done. Right here, right now, YOU are becoming. Isn’t it wonderful?”

This book can be an important tool for children to learn how to be present and appreciative of the here and now. This book can be a valuable tool for parents to help their children develop mindfulness by encouraging them to slow down, observe their surroundings, and connect with the present moment in a calming, accessible way.



Activities to try at home:

Use one or more of the attached activities to strengthen your child’s understanding of this book’s lessons.

1. **5 Senses Grounding Technique**
2. **Take a Deep Breath**

Flip for [Conversations to Have at Home](#)



**RESILIENCE
GROWS HERE**



Conversations to Have at Home:

This story offers a wonderful opportunity to talk about mindfulness, emotions, and the importance of being present. These talking points can guide meaningful conversations, deepen your child's understanding of the book, and create space for shared reflection.

Consider these ideas when discussing this book with your child:

- Encourage your child to reflect on what they noticed in the pictures or words of the book that made them feel calm or happy. This can help them recognize how the story impacts their emotions.
- Ask your child to share some of the things happening around you right now. This can help them focus on the present moment and appreciate what's going on in the here and now.
- Invite your child to think of a time when they stopped to really notice something small, like a sound, smell, or feeling. This encourages them to practice mindfulness in everyday situations.
- Talk to your child about why it's important to slow down sometimes and be still.
- Ask your child what they think the author wants us to remember about the world and ourselves.
- Discuss ways you and your child can practice being present in everyday life—like during meals, walks, or bedtime. This helps tie mindfulness into daily family routines.



For additional *Resilience Grows Here: At-Home* book recommendations, visit fvhd.org/community-health/rgh/books

For additional mental health support, visit fvhd.crediblemind.com

5 Senses Grounding Technique

This well-known technique is designed to help you work through your current thought process and bring you back to the present by focusing on things that you can identify through your five senses. When we're feeling overwhelmed, this can be done anywhere at any time.

Take a deep breath and list in your head:

5 things you can **see**

I can see my dog sleeping.



4 things you can physically **feel**

I can feel my tummy rumbling.



3 things you can **hear**

I can hear the cars outside.



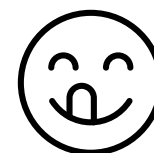
2 things you can **smell**

I can smell dinner in the oven.



1 thing you can **taste**

I can taste the cookie I had.



Practice doing this together and then use it as a tool when you feel scared, anxious, or mad. Taking the time to be present allows us to regulate our feelings and gain control over our emotions.

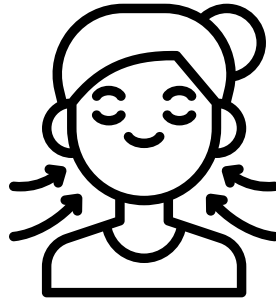
Takeaway:

Resilient people are present in the here and now.

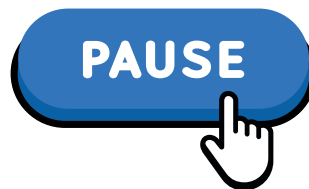
Take a Deep Breath

Sometimes, when we're feeling big emotions or just need a moment to pause, taking deep breaths can help our body and brain feel calm and focused. Let's do it together!

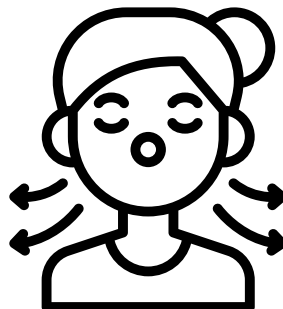
Inhale for **4 seconds**



Hold for **4 seconds**



Exhale for **4 seconds**



Repeat **3 times**

How did your body feel after taking deep breaths?

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